



IT'S A BOY
OWEN WILSON
WELCOMES SON OVER
WEEKEND {page 10}

®



Monday, January 17, 2011 www.metronews.ca

News worth sharin



Portman wins statue for Black Swan

Avalanche kills brothers in K-Country

- Conditions 'ideal' for slide at time of incident
- Rob Glaser was a Calgary Fire Department captain
- Mark Glaser worked in oil, gas industry for 25 years

Two Calgary-area brothers killed in a Kananaskis Country avalanche over the weekend are being remembered as loving husbands and fathers who died doing what they love.

Mark and Rob Glaser were caught up in a slide around 3:45 p.m. Saturday in the Burstall Pass area of Peter Lougheed Provincial Park.

Their brother, Ed Glaser, said the two had planned to stay on "safe slopes" that day and left their locator beacons in their vehicles. He said it is believed the brothers were simply passing through a difficult area when the slide occurred.

"They were avid and seasoned outdoorsmen," he said. "They will be greatly missed by their families and friends."

Three skiers nearby attempted to rescue the Glasers after watching helplessly as the two were caught up in the 300-metre-wide slide, said public safety specialist Mike Koppang, whose team arrived via helicopter a short time after the incident.

The team was able to locate one body Saturday, but with diminishing light and the threat of a second avalanche, a decision was made to abandon the search for the second body until morning.

"It's never an easy decision to have to leave the scene," Koppang said.

▶ Rob, left, and Mark Glaser

Slide details

- The two victims were about seven kilometres from Highway 742 and at an elevation of 2,400 metres when the slide occurred.
- Koppang said 50 centimetres of snow dumped in the region in the previous 72 hours, moderate winds and rising temperatures were all likely factors in the avalanche.
- The avalanche came roughly an hour after a separate slide trapped seven skiers at the Fernie Alpine Resort. All were pulled out promptly without serious injury.

The second body was discovered the next morning 50 metres from the first, Koppang said. • JEREMY NOLAIS

Struggle

and emerge
Breaking a leg gets a new

meaning (page 15)

Stir-fry made easy

Crystal shrimp makes for tasty, healthy meal {page 13}



Calgary's BEST Selection

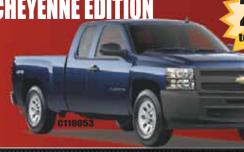


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Weekend fair caters to enviro-friendly products

Hali Wheeler and Deanna Stroud were showing off Seed Bombs, one of the many products available at yesterday's trade show at the Carriage House Inn. With over 60 vendors geared towards selling green products, environmental junkies had plenty to choose from. The ladies of Fusion Events said this was the first Naturally Trade Fair but that they're hoping to plan a second trade show in the fall for those who missed the inaugural one.

Alderman wants suite sales pitch

Secondary suite proposal to come forward in mid-February

• Ald. Diane Colley-Urquhart is planning a town hall meeting next month



One Calgary alderman is asking the mayor to "sell" his proposal to legalize secondary suites to her constituents.

Ald. Diane Colley-Urquhart has asked Mayor Naheed Nenshi to attend a town-hall meeting in her ward to discuss the issue.

Colley-Urquhart has been conducting an online

survey to gauge Calgarians'

thoughts on the issue.

"Quite frankly I was surprised by some of these results," she said.

The results after two days showed that of the more than 500 people surveyed, nearly 97 per cent said they care about the issue

However, only 40 per cent said they were in favour of Nenshi's proposal, which would allow suites in single-family homes, provided they meet certain criteria.

Colley-Urquhart said that during a phone call with Nenshi, he agreed to attend a town-hall meeting.

ing.

"He's willing to go out and sell this, and I'm going to see how good of a salesmen he is on this to convey this message," she said.

Nenshi said he is happy

Nenshi said he is happy to meet with Calgarians to discuss the issue.

discuss the issue.
"I'm very confident that

we're doing the right things for Calgarians but I'm still always happy to talk to more people about it," said Nenshi.

Ald. Jim Stevenson said he thinks it's too soon to conduct a town-hall meeting in his ward and would like to see Nenshi's proposal before making any decisions.

"I don't think it's time yet for a town hall until we have some proposal to put forward"

Housing choices

- As of Friday, Colley-Urquhart's survey showed nearly 65 per cent of respondents think secondary suites are an effective way to increase density in Calgary.
- 53 per cent said legal suites would add affordable housing choices

► Scott McKay is not happy with Shaw's plans

exceed monthly Internet-

to charge those who

usage limits.

news



News on the move

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Vancouver Whitecaps GM tells It's Called Football about their choice to make Omar Salgado their first overall pick. More at metronews.ca/ blogs



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Ametrocalgary



Internet-usage fees rile specialist

Recent reports that Calgary-based Shaw intends to charge customers who exceed their monthly Internet-download limits has at least one tech-savvy Calgarian crying foul. Each of Shaw's five resi-

Each of Shaw's five residential Internet plans will reportedly carry a varying monthly-usage limit of between 15 to 350 gigabytes.

Shaw has said that these

Shaw has said that these new limits will affect less than 10 per cent of its customer base

But Calgary information-technology professional Steve McKay worries that with the continuing emergence of data-heavy Internet activities, such as Netflix and online backup storage, more customers will soon be impacted.

"The best example I can give you is when you hear of those cellphone users that receive surprise bills in the mail from their cellphone providers for text-messaging overages, or data-usage overages," he said.

Shaw has said customers who exceed their monthly limis will be given two warnings and an explanation for the fees before they will face extra charges.

No one from Shaw was made available for comment despite repeated inquiries over several days. Fellow Internet provider Telus offers Alberta customers roughly 125 gigabytes of data usage each month and will ignore those who occasionally go over, said spokesperson Jim Johannsson.

A representative with Primus said that, though the company is modifying its Internet-usage fees in Ontario, there were no plans to do so presently in

IEREMY NOLAIS

TECHNOLOGY

Canadian history goes digital

An ambitious new search engine has been launched by an alliance of digital heritage advocates designed to allow one-stop searching for centuries of Canadian history.

history.
The Canadian Discovery Portal combs
through more than 60
million pages of
information from 30 library, museum and
archive collections

across the country.

From old Saskatchewan postcards to sheet music, the search engine, betacanadiana.org, brings together access to 14 institutional collections from coast to coast in both French and English.

Unlike traditional academic search engines, this one has been designed for ease.

"It's more Googlelike," said Ron Walker, executive director of Canadiana.org, an organization that facilitates digital initiatives and is spearheading the portal initiative.

THE CANADIAN PRESS

Tan beds for Russian prison

A centuries-old Russian prison notorious for its primitive conditions will soon offer inmates a new perk — tanning beds.

The ITAR-Tass news agency cited Viktor Dezhurov of the federal prison service as saying the tanning beds at Moscow's Butyrskaya prison will be ready for observances of its 240year anniversary this

The tanning beds are meant to compensate for inadequate sunlight in the cells, but inmates will have to pay 10 rubles (33 cents) a minute, a sizable fee in a country where the average monthly salary is well under \$1 000

THE ASSOCIATED PRESS

Violence in Tunisia escalates further



● Brother-in-law of president killed by angry mob at Tunis airport: Report

Tunisian authorities struggled to restore order yesterday, arresting the presidential security chief and trying to stop gunfights that erupted across the capital. One clash broke out near Tunisia's main opposition party building, another by the dreaded Interior Ministry.

Observers worldwide were looking to see which way the North African country would turn as its new leadership sought to tamp down the looting, arson and random violence that has erupted since the autocratic former president Zine El Abidine Ben Ali fled to Saudi Arabia on Friday.

Tensions appeared to be mounting between Tunisians buoyant over Ben Ali's departure and his loyalists, who stand to lose major perks. Police arrested the head of the presidential guard and dozens of others, some suspected in drive-by shooting attacks at buildings and people in the capital, Tunis.

To cheers and smiles, some residents of Tunis tore down massive portraits of Ben Ali that were omnipresent during his reign, hanging on lamposts and billboards, gazing down over shops and hotels. Some stretched sev-

eral storeys high.

Some gas stations and stores reopened Sunday morning, and it appeared that calm might be returning. But a gunfight broke out in the afternoon between security forces and unidentified attackers in front of the main opposition party PDP's headquarters, senior party member Issam Chebbi said.

THE ASSOCIATED PRESS

Civil strife

Dozens of people have died in a month of clashes between police and protesters angry about the repression and corruption of Ben Ali's rule.

- Businesses owned by Ben Ali's family were major targets of looters.
- ► The family of the ex-president's wife, Leila Trabelsi, has financial interests from banking to car dealerships
- A branch of the Zeitouna bank in Tunis founded by Ben Ali's son-in-law was torched, as were vehicles made by Kia, Fiat and Porsche — brands distributed in Tunisia by members of the ruling family.



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Early vote sample leans to secession

Exhausted poll workers posted the first preliminary results from Southern Sudan's weeklong independence referendum yesterday, and an Associated Press count of a small sampling of the returns showed a huge vote for secession.

Sudan's south ended its independence vote Saturday, a vote most everyone believes will split Africa's largest country in two at the divide between Sudan's Muslim north and Christian and animist south. Poll workers counted throughout the night to post results.

An AP review of results at 10 sites in the south's

2M The 2005 peace deal ended more than two decades of northsouth civil war in which two million people were killed.

capital of Juba found 96 per cent of the almost 30,000 ballots cast were for secession. About three per cent were for unity and the rest were invalid.

That's only a small sample of the approximately 3.2 million votes cast, but almost all observers believe the south voted for secession. The referendum needs to pass by a simple majority.

THE ASSOCIATED PRESS

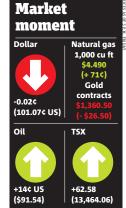
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notice could give loonie a lift

▶ Bank of Canada wants to resume rate hikes as soon as feasible ▶ Currently well below rate of inflation

The Canadian dollar could get a lift from the Bank of Canada's announcement on interest rates tomorrow while stock markets will take their cue this week from America and fourth-quarter earnings.

There is little doubt that the Bank of Canada will continue to keep its key interest rate unchanged at one per cent. But the currency, which has been slightly above parity all month, could find increased buying interest depending on what the central bank says about economic conditions and raising rates in 2011.



"There is a ton of debate. I've never actually seen anything quite like the spectrum of forecasts we have at this point," said Doug Porter, deputy chief economist at BMO Capital Markets.

The central bank raised rates early in 2009, but quit after three quarter-point hikes as the Canadian economy started to weaken in the summer. It is also ahead of the U.S. Federal Reserve, which has no plans to raise rates from near zero.

The bank's key rate is below the rate of inflation, an annualized rate of two per cent. THE CANADIAN PRESS



Target takes aim at naming rights

U.S. discount retailer Target might have to choose between using a different name in Canada, buying the Canadian rights to the Target trademark or facing a lawsuit, depending on what happens in a fight over ownership of the name. Fairweather Ltd., which is owned by discount menswear chain International Clothiers, has owned the Target Apparel name in Canada for 10 years.

Diamond mine project on again

A proposed new diamond mine in Northwest Territories is again before regulators after a recovery in international markets.

De Beers recently filed an environmental assessment for its long-awaited \$600-million Gahcho Kue project and says it could begin production in 2014.

De Beers, the majority

partner with Canada's Mountain Province Diamonds, originally brought Gahcho Kue, located about 280 kilometres northeast of Yellowknife, before the Mackenzie Valley Environmental Impact Review Board six years ago, but lost the case in 2007.

Now, with a 19-volume environmental-impact as-

sessment freshly delivered to the regulator, the project is back.

The mine's main environmental hurdle is expected to be its impact on caribou habitat. The mine is located within the range of several major herds, all of which have suffered serious declines in recent years.

THE CANADIAN PRESS



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HAIR-RAISING STUDY DRAWS INTRIGUE



A few days ago, scientists announced that a cure for baldness was probably only a decade away. For me, the news was more than well-received and I ended up celebrating like a Russian hockey team on a plane.

he next morning, on my way to buy my first bottle of shampoo, my friends intervened, saying that "bald was a good look for me." I've dreamed about having hair for so long I guess I had never realistically considered what I would do if I was actually given the choice.

When considering the idea of not being bald anymore, I found myself looking around at people's hair (or lack thereof) to help me decide what I should do. For me, the variety of hairstyles that are present on any given day at a city council meeting can be a source of either jealously or great frustration.

For all of John Mar's lovely locks there is a Dale Hodges, who has never met a combover that he hasn't ignored. While Naheed Nenshi has a nice full head of hair, it's wasted, buried under a thick coat of an oilsand-like product. As it turns out, Druh Farrell has the best hair on the

entire council, which isn't saying much.

Before you weigh in on my decision, perhaps some context might be helpful. I've been bald since high school. Yes, that high school. When every other teen was worrying about prom dates

"For me, the

variety of

hairstyles that

are present on

any given day at

a city council

meeting can be a

source of either

jealously or great frustration."

and driver's licences, this skinny, pimply faced kid was walking the aisles of Wal-Mart looking at Rogaine with my mother. A John Hughes movie my high school years

were not.
So it should be no surprise that having a full head of hair has always been a dream of mine. To me, hair

means power. Police Chief Rick Hanson is a fantastic example of hair making the man. Our beautifully coifed top cop exudes a power that a Ric McIver-esque cul-de-sac simply can't compete with. For further proof, look no further than our country's highest power. Political analysts might disagree, but I'm fairly certain there is a correlation between this country's unwavering support of Stephen Harper and his thick head of hair. Need more proof? Two words: Jack Layton.

While there are admittedly some people who can absolutely pull off being bald, who wouldn't choose to have hair? People have nightmares about going bald, not the other way around. So, while people like Global TV's Ryan Leslie do the chrome dome proud, I think I'll start stockpiling my shampoo and conditioner now, just in case.

Ten years can't come soon enough.

Cartoon

MICHAEL DE ADDI

Work is meant for work

POPE JOHN PAUL II ON THE FAST TRACK TO SAINTHOOD:



Letters & Tweets

We asked: What do you do when your boss is out of the office?

@Ren_Thompson: I actually
get my work done;)

TORONTO. I work. That's what I'm paid to do. No matter who's in the office, and I'm thankful I have a job. DAVID HEWITT

We asked: Which one of your habits do you wish you could break?

@DeeDeeNewell: wish I could be more patient

@dallas_price: biting my fingernails, counting steps as I walk up them, eating





chocolate so much and drinking tea everyday.

We asked: What is your favourite time of the day?

TORONTO. I would have to say that the best time of day for me is when I leave my work. There is nothing better than knowing I am heading home to spend time with my boyfriend,

calling my mom and dad or chatting via email with my friends. Work is work and no matter how much pressure you get to work long hours (I so know this), nothing feels better than saying, "No, I need to spend time with my loved ones!" Like I said, best time of the day is with people I love!

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ez at H20il screening

What's more important, oil or water? That's the question up for debate tonight at Club Sapien as the Calgary Centre for Inquiry hosts a screening of the 2009 documentary H20il. The 2009 feature-length film delves into the increasing struggle between water advocates and the oil industry in Alberta. It follows the stories of individuity

als claiming to defend the rights of the general public as they take on the province's largest industry and its continued efforts to supply the U.S. with oil.

The screening gets underway at 7:30 tonight. Club Sapien is located at 1140–10th Ave. SW. For more information, visit cficanada.ca/calgary.

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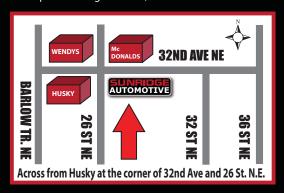
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The Social Network keeps making friends, winning the Critics' Choice award for best picture and three other prizes. But Inception led all films Friday night with six awards total, all in technical categories.The Social Network, which chronicles the origin of Facebook, also won for David Fincher's direction, Aaron Sorkin's adapted screenplay, and the score from Trent Reznor and Atticus

THE ASSOCIATED PRESS



▶ Hollywood elite get together to celebrate the best in movies and television
 ▶ The Social Network named best drama, Portman and Firth take top acting honours
 ▶ Host Ricky Gervais keeps everyone on their toes with his quick, biting humour

Social Network takes top prize

Some people really know how to throw a party.

Each year the Hollywood Foreign Press Association brings the top stars from TV and film to a booze-soaked, black-tie dinner, invites them to catch up with colleagues as they collect accolades for their work, then puts the whole thing on TV as the Golden Globe Awards.

Last night's 68th annual ceremony unfolded at the Beverly Hilton Hotel's International Ballroom, where hundreds of stars, from Jane Fonda to Justin Bieber, took part in one of Hollywood's hottest parties of the year.

The Facebook tale The Social Network took the top honours at the Golden Globes with four prizes, including best drama and director, solidifying its prospects as an Academy Awards favourite.

Winning the dramatic

"It's going to be a night of partying and heavy drinking. Or as Charlie Sheen calls it — breakfast."

HOST RICKY GERVAIS IN HIS OPENING MONOLOGUE

lead-acting prizes were Colin Firth for the British monarchy saga The King's Speech and Natalie Portman for the psychosexual thriller Black Swan.

Lead-acting honours for the Globes' musical or comedy categories went to Annette Bening for the lesbian-family story The Kids Are All Right and Paul Giamatti for Barney's Version, based on a novel by Canadian author Mordecai Richler. In his speech, Giamatti thanked the Richler family. He also gave a shout out to the film's "incredible" crew in Montreal, where the film was shot.

"An incredible beautiful city which I dream about." Giamatti said. "An incredible place in a great nation, Canada. And I salute the great nation of Canada."

The boxing drama The Fighter earned both supporting-actor Globes for Christian Bale and Melissa

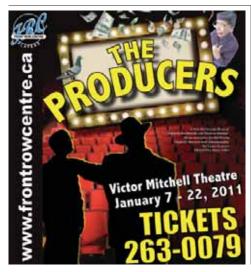
Katey Sagal and Steve Buscemi both won their first Golden Globes for top actors in television dramas, with Buscemi's Prohibition-era Boardwalk Empire on HBO also honoured as TV's best drama.

"I hope we do it for years and years and years," said Buscemi.

Boardwalk Empire won on its first year on the air, beating Mad Men, which had won the last three top drama awards.

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comedy for her role in The

Kids Are All Right.



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Surprise! It's a Little **Taylor singing the blues**

• Actor had kept pregnancy and relationship with girlfriend out of spotlight until recently

Owen Wilson is a dad. The actor and his girlfriend, Jade Duell, welcomed their first child, a boy, in Hawaii over the weekend, according to Us Weekly.

The Little Fockers star had kept both the pregnancy and his one-year relationship with Duell under wraps until a week ago. "Owen has had many girlfriends under the radar who no one knew about,' a source says.

"He may have dated high-profile women like actress Kate Hudson and musician Sheryl Crow, but that is not the norm for him. He likes regular people." • metro



over Take?

When Jake Gyllenhaal broke up with Taylor Swift, he reportedly did so over the phone, according to Us Weekly.

"Taylor is really upset and hurt," a source says.

"She doesn't know what she did for him to just put a stop to it.

She feels really burned by him." The phone call in

question is said to have come right before the People's Choice Awards. She was not her usual bubbly, over-animated self," the source says of Swift at the event. "She didn't eat anything, seemed very sad and definitely wasn't having a good time !

Celebrity tweets



Eva Longoria [Aevalon goria] Just nows i still

Jessica

have all my tattoos! Nothing is being removed, although i am always up for more tattoos!



Alba [@jessica alba] Every time I fall

asleep watching "I Survived" I think "why the heck do I subject myself to this?!?" -I'm addicted. It's a





Steve Martin [@Steve MartinTo Go] According to the

new Zodiac sign dates, I am now a Kitten.

Reynolds' new role

While Sandra Bullock and Ryan Reynolds may be dodging romance rumours, Reynolds has reportedly been bonding with Bullock's adopted Louis.

accord-

ing to

"Sandra loves the idea of Louis having a good male role model in his life," a source says.

"Ryan loves children

and has always wanted to be a dad. He would have loved to have had a baby with Scarlett [Johansson], but work always came

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life

Rabbit people



Luck is a clear theme when it comes to those born under the Chinese Zodiac sign of the rabbit, says Elizabeth Vander-Ven, a specialist on Chinese and eastern Asian culture.

This could be especially true this year because the 2011 rabbit year corresponds with the element of metal, symbolizing great wealth.

This we can make easy sense of: Johnny Depp is a rabbit. Same with Angelina Jolie and Brad Pitt.

THE ASSOCIATED PRESS





Do your furry friends have a sixth sense?

▶ 72 per cent of American dog owners say their pets can feel bad weather, and 47 per cent claim their pets have alerted them of bad news
▶ Scientists don't have answers

Lassie could always sense when Timmy was in trouble. Black Beauty knew the bridge was out.

Now two-thirds of American pet owners say they can relate, saying their pets have a sixth sense about bad weather, and 47 per cent say the same about bad news, according to an Associated Press-Petside.com poll.

Seventy-two per cent of dog owners said they've had weather warnings from their pets, compared with 66 per cent of cat owners.

For bad news, 47 per

Pets online

Check out more info about animals and their sixth sense on the web.

- petside.com/sixthsenseaspca.org
- petsaretalking.com

cent of dog owners and 41 per cent of cat owners said they've been alerted by their pets, according to the poll conducted by GfK Roper Public Affairs and Corporate Communications.

If a friend or relative comes to the door, Lady, a four-year-old golden retriever mix, doesn't even bother to get up, said Stacey Jones, 50, of Stone Mountain, Ga. But if it's a stranger, she goes on minor alert, she said.

Lady's sixth-sense tendencies are very subtle, said the Atlanta university writer and editor.

But 18 years ago, when Jones was ordered to bed toward the end of her pregnancy, her dog Silver "planted herself next to me and would not leave. She knew something was going on with the baby and it was her job to take care of the baby."

The reason? It's actually hard to know.

"A sixth sense is something we can't explain but we tend to trust. It's a matter of belief and faith," said psychologist Stephanie La-Farge, the senior director of counselling services for the American Society for the Prevention of Cruelty to Animals.

Scientists have suggested animals sense bad weather because of changes in barometric pressure or other factors,

LaFarge said, and dogs anticipate seizures, low blood sugar or other medical problems because of hormonal changes.

But they haven't figured out what alerts pets to earthquakes, bad news or other such events — or if it's all just in the eyes of their owners

their owners.

Kay Moore, 64, of Loma Linda, Calif., said she gets quake warnings from her dogs, Brie, a yellow Lab and great dane mix, and Lola, a 22-kilo basset hound. "They get very, very hyper," Moore said.



Stir-frying offers taste & health benefits

This Chinese technique calls for less oil, more veggies

This year, how about a Chinese New Year's resolution more stir-frying.

Grace Young, author of Stir-Frying to the Sky's Edge, says this Chinese technique, which involves cooking food quickly over high heat in small amounts of oil, is healthy because it calls for small amounts of meat and fat, but plenty of vegetables.

First, get a good wok or large skillet. Young recommends either a flat-bottom carbon steel wok or stainless-steel wok or skillet.

Next, be sure to heat the pan first, then add the oil, then food. Adding oil to a cold wok and then heating it will cause foods to stick.



In terms of oil, Young says it's important to choose one with a high smoke point, such as peanut or grapeseed.

This recipe for stir-fried crystal shrimp from Young's book is a tasty way to celebrate Chinese New Year. The shrimp are considered to represent happiness and laughter.

Preparation:

- In a strainer, rinse shrimp. Sprinkle 5 ml (1 tsp) of salt over shrimp. then stir shrimp in a vigorous circular motion for about 1 minute.
- Rinse shrimp under cold water, shake out excess water. Sprinkle another 5 ml (1 tsp) of salt over shrimp and repeat stirring and rinsing process. Set on paper towels. With more paper towels, pat dry.
- In a bowl, combine shrimp, egg white and 15 ml (1 tbsp) cornstarch. Stir until

cornstarch is dissolved and no clumps are visible. Put shrimp mixture uncovered in the refrigerator for 1 hour.

- In a saucepan over high heat, bring 1.5 l (6 cups) water to a boil. Add 15 ml (1 tbsp) of the oil to the boiling water. Reduce heat to low. When water is barely simmering, add shrimp, gently stirring so that they do not clump together. Cook until shrimp just turn pink.
- Carefully drain shrimp, shaking strainer to remove excess water.
- In a small bowl, combine broth, rice wine, remaining 2 ml (1/2 tsp) cornstarch and pepper. Set aside.
- Heat a flat-bottomed wok or skillet over high until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in remaining 15 ml (1 tbsp)



Add shrimp and peas, sprinkle on remaining salt. Stir broth mixture to recombine, then swirl it into wok. Stir-fry until shrimp are just cooked (2 minutes) and sauce just clings to shrimp. THE ASSOCIATED PRESS

Ingredients:

- 500 g (1 lb) large raw shrimp, peeled and deveined
- 11 ml (2 1/4 tsp) salt, divid-
- 30 ml (2 tbsp) egg white, lightly beaten (about 1/2 egg white) • 15 ml (1 tbsp) plus 2 ml
- (1/2 tsp) cornstarch, divided • 30 ml (2 tbsp) peanut or
- vegetable oil, divided • 75 ml (1/3 cup) chicken broth
- 15 ml (1 tbsp) Shaoxing rice wine or dry sherry
- 0.5 (1/8 tsp) ground white
- 3 slices ginger, smashed
- · 3 scallions, halved lengthwise and cut into 5-cm (2inch) sections
- 125 ml (1/2 cup) frozen peas, thawed





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- Car
- Gym membership

To see more Top 10's of 2010, visit metronews.ca/top10

metr⊕

Making green

Young workers going green in paid eco internships

Wherever Britt Aberle ends up working in the future, chances are it won't be for a company that values dollars over environmental sense or human

"I think the work that I do in life should contribute to the world in some way," says the 24-year-old Calgarian, who holds a bachelor's degree in social work.

"I don't really see myself working anywhere corporate or that doesn't have an environmental, social justice or community

Since December, Aberle has been interning at a bike shop in downtown Calgary as part of a national program that places post-secondary grads in jobs that are environmentally or community mind-

The Youth Eco Internships started in September 2009 as an opportunity for young people aged 15 to 30 to work within the nonprofit and community services sector. Last Sep-



tember, a second program was launched for post-secondary graduates up to 30 years old and expanded to

include the private sector.
The internships have given a number of youth a foot in the door.

At the Montreal Urban Ecology Centre, intern Judy Murphy has just wrapped up an intensive project: translating a 5,000-word report from French into English.

Established in 1996, the non-profit, independent centre is focused on creating sustainable urban development through variety of projects, including promoting active transport.

Murphy was searching for job opportunities after receiving a certificate in translation from McGill University when an acquaintance mentioned the internship program.

The 24-year-old, who calls her experience at the centre a "one in a million opportunity," jumped at the chance to work in her field while learning about something that affects her everyday life.

"To have opportunities like this is essential to encourage that kind of thought," she says. "We need to be thinking about what's happening to our environment

THE CANADIAN PRESS



Are there listings of apartments, houses or even neighbourhoods in the Vancouver area that are particularly efficient and innovative in green ways? Sarah of Vancouver

m not familiar with a database designed specifically for renters — or buyers for that matter - to locate green homes in a given



Canadian city.

However, Leadership in Energy and Environmen-

Design (LEED) certified apartment buildings are easier to find.

The Canadian Green Building Council maintains a searchable list of projects currently registered on its website

at cagbc.org. You can search by city and province or by project type, such as lowrise, high-rise, bank, daycare and more.

Keep in mind this will only tell you the name and location of the building and nothing about rental suites available.

While searching for that apartment of your dreams, ask the landlord a few questions to find out how green the build-

For example:

- Is the suite painted with no- or low-VOC
- Can you compost your food waste?
- Is there a programmable thermostat?
- Are the appliances Energy Star?

Of course, living in a neighbourhood where you can work and play is the key to lowering your environmental footprint (and staying active and saving money).

Using a street address, you can identify how a residence is ranked among the best or worst in terms of walkability.

Visit walkscore.com, enter the street address and see what an area offers in terms of public transportation, libraries, community centres, grocery stores and movie the-



SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

metr@work metronews.ca MONDAY, JANUARY 17, 2011

PUPS GIVE A LEG UP ON LIFE



was suicidal for three years. Jeff Collins is honest very when he talks about the motorcycle accident that caused the amputation of his leg and left his other limbs severely damaged. But he credits a strong circle of friends and his own determination for pulling him through the dark moments of his recov-

ery.
Unable to find a proper fitting prosthetic, Jeff went to school to learn how he could make them. While working on a plan to start own business beloved dog Stash injured her leg. Surgery was too expensive. Jeff was heartbroken until he realized that he could use the human techniques he had learned and make his dog a knee brace. Stash got better and Collins' technology is now used around the world from Australia to Europe.

Today, Jeff Collins cele-rates the day that brates changed his life because it marked a turning point for him and the ground breaking technology he neered. It's his patients

New careers can be

a taxing experience

Animal instinct

- K-9 Orthotics and Prosthetics patients include dogs, cats, rabbits, llamas and even a moose
- Four hundred animals were helped last year.
- Collins' technology is now being used in Canada and around the world in Australia, Chile, Germany, The Netherlands, Sweden, Switzerland and the U.S.
- You can find out more at k-9orthotics.com

that give him the most joy. "They look up at me with eyes of gratitude and wagging tails. I'm so happy I can help these animals.





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"Aside from learning a new job or finding a place to live, starting your career means thinking about taxes," explains Cleo Hamel, a senior tax analyst at H&R Block Canada (ȟrblock.ca). "Making good decisions now can make things easier at tax time, as well as help plan for the future."

The payroll department requires an employee to complete a TD1 Personal Tax Credits Return form. It asks basic questions and determines the amount of federal and provincial tax to be withheld from your paycheque. "Most employees fill out a TD1 form once, but if your tax situation changes you should update that form," says Hamel. "It could reduce your paycheque deductions.

Young Canadians may have extra job-related expenses such as new office clothes and dry cleaning. While these expenses are not a tax deduction, anyone with employment income can claim the Canada Employment Amount, which means about \$157 in tax savings.

Employees should keep track of their health-care premiums. Even with an employer benefit plan, many employees pay a monthly amount to fund the program. This can be claimed as a medical expense. The annual payment should be included on your last pay stub of the

NEWS CANADA



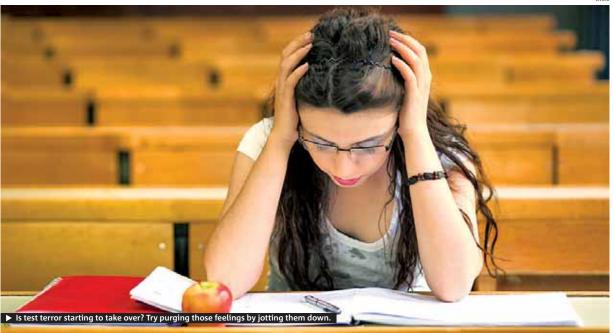
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• Studies show that a quick free-write before a major test can be the difference between stress and success





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A simple writing exercise can relieve students of test anxiety and may help them get better scores than their less anxious classmates, a new study has found.

The report, published in the journal Science, says students who spend 10 minutes before an exam writing about their thoughts and feelings can free up brainpower previously occupied by testing worries and do their best work.

"We essentially got rid of this relationship between test anxiety and performance," said Sian Beilock, an associate professor in psychology at the University of Chicago and co-author of the study with

graduate student Gerardo Ramirez.

Psychologists, educators and parents have known for a long time that the way students perform on a test does not necessarily indicate what knowledge they bring to the table. Test anxiety is fairly common in classrooms, especially in the United States because of its "increasingly test-obsessed culture," Beilock said.

Test anxiety can lead to poorer grades and lower scores on standardized tests and college entrance exams, which can condemn talented students to inferior colleges.

The University of Chicago researchers found that students who were prone

to test anxiety improved their test grades by nearly one grade point – from a Bminus to a B-plus, for example – if they were given 10 minutes before an exam to write about their feelings.

The researchers tested their hypothesis with college students in a lab setting and with high school students in the classroom, by first gauging the level of test anxiety and then offering the writing intervention to some students.

The researchers believe worrying competes for computing power in the brain's "working," or short-term, memory. If working memory is focused on worrying, it can't help a person recall all the information his brain stored in preparation for the test. It also affects the working memory's ability to stay focused.

Beilock said the idea for the writing exercise came from the use of writing to combat depression.

Expressive writing, in which people write repeatedly about a traumatic or emotional experience over several weeks or months, has been shown to decrease worrying in people who are depressed.

Beilock believes this research is applicable to all kinds of performance anxiety – from giving a speech to interviewing for a job.

"There's a lot we can do to change how we think about the pressures and thus how we perform," she said.

Beilock's lab is also looking at how awareness of stereotypes affect the way people perform, such as women and math phobias. THE ASSOCIATED PRESS

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Jets boot Patriots out of playoffs

Sanchez completes 16 of 25 passes for 194 yards and 3 TDs

So the Jets weren't all (trash) talk after all.

Now Rex Ryan's rowdy bunch is headed to its second straight AFC championship game after New York backed up its coach's boasts with a 28-21 win yesterday over the Patriots—the team that had the best record in the NFL.

Mark Sanchez threw three touchdown passes and Tom Brady was sacked five times in the mosthyped of the weekend's four post-season games following a week of verbal potshots from both teams.

The Jets led their fierce rival 14-3 at halftime before Brady's two-yard touchdown pass to Alge Crumpler and Sammy Morris's run for a two-point conversion made it 14-11 late in the third quarter. But Sanchez came right back with a sevenyard scoring pass to Santonio Holmes and New York finished the upset with Shonn Greene's 16-yard touchdown run.

The Jets (13-5) kept Ryan's prediction of a Super Bowl appearance alive. New England (14-3) lost its third straight post-season game.

Ryan has said many times that the Jets are a Super Bowl-calibre team, and has irritated fans, opposing players and media with his bold comments. Last week he said the game was a contest between him and Patriots coach Bill Belichick. Then, after Antonio Cromartie called Brady an expletive Tuesday, Ryan

In the NFC

Two of the NFL's most storied franchises get to take their rivalry to a whole new level next weekend when the Chicago Bears host the Green Bay Packers, with the winner earning a trip to the Super Bowl.

- The Bears cruised into the NFC championship game yesterday, beating up the Seattle Seahawks 35-24 at snowy Soldier Field.
- Less than 24 hours earlier, Green Bay advanced with a stunning 48-21 rout of the top-seeded Atlanta Falcons.

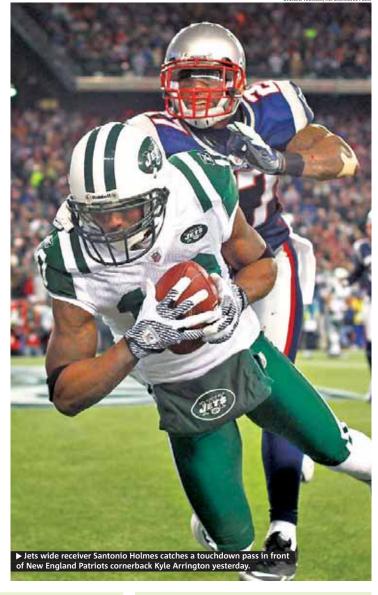
said he wouldn't punish his cornerback.

The ultra-serious Belichick wasn't as kind to Wes Welker.

The wide receiver was benched for the Patriots' first series for subtle remarks apparently directed at Ryan. Welker made several references to feet in his news conference Thursday, interpreted by some as a dig at recent foot fetish reports involving Ryan. But when the game ended, Belichick walked slowly to midfield where he met Ryan, patted his conqueror on the back with his left hand and shared some words.

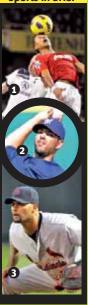
The Jets will face the Pittsburgh Steelers, who topped Baltimore 31-24 Saturday, in the AFC championship game next Sunday night.

THE ASSOCIATED PRESS



sports

Sports in brief



- Manchester United held Tottenham to
- Reliever Carlos Villanueva and the Toronto Blue Jays agreed to terms on a \$1.415-million US, one-year contract.
- Albert Pujols' agents have said they will cut off talks with the Cardinals at the start of spring training if an agreement is not in place.

 THE ASSOCIATED PRESS



Reds give Votto a lot of green

Canadian slugger Joey Votto powered the Cincinnati Reds to their first playoff appearance in 15 years, winning the National League MVP award for a breakthrough season. The first baseman

The first baseman earned a raise, and boy, did he get one.

Votto has agreed to a

Votto has agreed to a \$38-million US, three-year contract with Cincinnati.

A person familiar with the negotiations told The

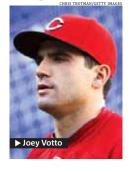
Associated Press about the deal yesterday on condition of anonymity because the contract had not yet been announced.

Votto, a Toronto native, was a first-time all-star in 2010, finishing second in the NL in batting average at .324 and third in homers (37) and RBIs (113).

He made \$525,000 last

He made \$525,000 last year and was eligible for arbitration for the first time.

THE ASSOCIATED PRESS



Sports in brief

Hamilton out of hospital

MLB. American League MVP Josh Hamilton is out of the hospital.

The Texas Rangers said in a statement that their slugging outfielder was discharged yesterday from the Medical Center of Arlington, five days after he was admitted for treatment of an early case of pneumonia.
THE ASSOCIATED PRESS

Former Raiders coach files grievance

NFL. Former Oakland Raiders coach Tom Cable has filed a grievance to recover \$120,000 US that the team fined him during the final year of his contract. The story was first reported by ESPN. THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	VV	L	OIL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	45	29	11	2	3	155	120	63	13-6-0-2	16-5-2-1	7-3-0-0	W2
d-Tampa Bay	46	26	15	3	2	137	148	57	13-4-1-1	13-11-2-1	4-5-0-0	L2
d-Boston	44	24	13	2	5	132	101	55	11-8-1-2	13-5-1-3	5-2-1-2	L1
Pittsburgh	46	28	14	2	2	146	109	60	14-9-1-0	14-5-1-2	4-4-0-2	W2
Washington	46	25	14	4	3	131	121	57	16-5-2-3	9-9-2-0	5-2-2-1	W1
NY Rangers	47	26	18	2	1	132	115	55	11-10-1-1	15-8-1-0	5-4-1-0	L2
Montreal	45	25	17	3	0	112	107	53	15-6-3-0	10-11-0-0	5-4-1-0	W1
Atlanta	47	22	18	3	4	143	151	51	11-9-1-2	11-9-2-2	3-6-1-0	L4
Carolina	44	22	16	2	4	135	135	50	11-7-1-1	11-9-1-3	6-2-2-0	W1
Florida	43	21	20	1	1	119	113	44	11-8-1-1	10-12-0-0	5-3-1-1	W3
Buffalo	44	19	20	5	0	121	131	43	10-11-1-0	9-9-4-0	5-4-1-0	L1
Toronto	44	18	21	2	3	114	132	41	9-10-2-2	9-11-0-1	5-4-0-1	L2
Ottawa	46	17	23	4	2	102	142	40	9-13-1-1	8-10-3-1	3-6-0-1	L2
NY Islanders	43	14	22	3	4	106	143	35	8-8-1-3	6-14-2-1	5-4-0-1	W1
New Jersey	44	12	29	2	1	85	138	27	7-13-1-1	5-16-0-0	3-6-2-0	L1

WESTERN CONFERENCE

	UP	vv	_ L	UIL	3L	Ur	UA	PLS	nome	Awdy	rq2(TO	Suk
d-Vancouver	45	29	10	3	3	149	109	64	15-3-1-2	14-7-2-1	7-2-0-1	L1
d-Detroit	45	28	11	4	2	157	131	62	14-5-3-1	14-6-1-1	6-2-1-1	W1
d-Dallas	45	27	13	1	4	133	118	59	14-6-1-3	13-7-0-1	6-3-0-1	W4
Phoenix	45	23	13	6	3	132	126	55	10-5-3-2	13-8-3-1	7-1-1-1	W4
Nashville	45	24	15	4	2	119	109	54	11-4-3-2	13-11-1-0	7-3-0-0	L1
Chicago	47	25	18	2	2	150	130	54	16-11-0-0	9-7-2-2	5-4-0-1	W1
Anaheim	48	25	19	2	2	129	135	54	17-7-0-1	8-12-2-1	7-3-0-0	W1
Colorado	45	23	16	6	0	148	143	52	12-8-3-0	11-8-3-0	4-4-2-0	W1
Los Angeles	44	24	19	1	0	132	113	49	15-8-1-0	9-11-0-0	3-7-0-0	W1
Minnesota	45	22	18	1	4	113	127	49	11-11-0-2	11-7-1-2	6-4-0-0	W1
San Jose	46	22	19	4	1	132	131	49	11-10-2-1	11-9-2-0	2-8-0-0	W1
St. Louis	44	21	17	2	4	119	128	48	14-8-0-2	7-9-2-2	4-5-0-1	W1
Columbus	45	21	20	3	1	118	142	46	12-10-0-1	9-10-3-0	4-5-1-0	L1
Calgary	45	20	20	1	4	122	132	45	11-8-0-1	8-12-1-4	6-2-0-2	W2
Edmonton	44	14	23	1	6	112	151	35	7-11-1-2	7-12-1-3	2-7-0-1	L2

d — division leaders ranked 1.2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Nashville 3 Chicago 2 (SO)

Nashville 3 Chicago 2 (SG N.Y. Islanders 5 Buffalo 3 Phoenix 6 Anaheim 2 Pittsburgh 3 Boston 2 San Jose 4 St. Louis 2 Tonight's games (All times Eastern)

Carolina at Boston, 1 p.m.

New Jersey at N.Y. Islanders, 1 p.m. San Jose at Phoenix, 4 p.m.

Calgary at Montreal, 7:30 p.m.

Yesterday's results Yesterday's results
Washington 3 Ottawa 1
Minnesota 4 Vancouver 0
Philadelphia 3 N.Y. Rangers 2
Chicago 6 Nashville 3
Anaheim 3 Edmonton 2
Saturday's results Calgary 2 Toronto 1 (SO)

Montreal 3 N.Y. Rangers 2 Los Angeles 5 Edmonton 2 Carolina 6 Tampa Bay 4 Dallas 6 Atlanta 1 Detroit 6 Columbus 5 (OT) Florida 3 New Jersey 2 (OT)

DUCKS 3, OILERS 2

First Period
1. Anaheim, Sbisa 2 (Lydman, Lupul) 9:23 (pp) 2. Anaheim, Selanne 13 (Visnovsky, Blake) 17:00

Penalty — MacIntyre Edm (high-sticking) 8:00.

Second Period

3. Anaheim, Selanne 14 (Visnovsky, Fowler) 17:32 (pp) 4. Edmonton, Paajarvi 5 (Gagner, Chorney) 18:18

Edmonton, Gagner 11 (Omark) 18:44

Penalties — Beleskey Ana (hooking) 2:58, Koivu Ana (tripping) 6:25, Sbisa Ana (interference) 14:29, Chorney Edm (holding) 16:30, Peckham Edm (boarding) 19:20. Third Period

No Scoring.

Penalties — Peckham Edm (double high-sticking) 10:17, Lydman Ana (high-sticking) 16:48, Lilja Ana (boarding) 18:28.

Att. — 15,764 (17,174) at Anaheim, Calif.

WILD 4, CANUCKS 0

First Period No Scoring. Penalties — Alberts Vcr (high-sticking) 5:21, Volpatti Vcr, Staubitz Min (fighting) 9:51.

Atlanta at Florida, 7:30 p.m. Los Angeles at Dallas, 8:30 p.m.

1. Minnesota, Brunette 11 (Bouchard, Mietti nen) 3:31 (pp)
2. Minnesota, Havlat 11, 11:09
Penalties — Miettinen Min (interference)
0:59, Hamhuis Vcr (tripping) 1:46, Ballard Vcr, Kobasew Min (fighting) 6:07.

Third Period 3. Minnesota, Cullen 9 (Brodziak, Schultz) 3:37

Minnesota, Madden 6 (Kobasew, Cullen)

Penalties — Madden Min (holding) 2:29, Schultz Min (interference) 5:06, Schultz Min (interference) 15:54, Torres Vcr (interference)

Vancouver 7 10 15 32 Minnesota 11 8 6 25 Goal – Vancouver: C.Schneider (L,8-2-2); Minnesota: Khudobin (W,1-1-0). Power plays (goals-chances) – Vancouver: 0-4; Minnesota:

Att. — 18.458 (18.064) at St. Paul, Minn.

SCORING LEADERS

	G	Α	PT
Crosby, Pgh	32	34	66
Stamkos, TB	33	28	61
D.Sedin, Vcr	27	30	57
St. Louis, TB	19	37	56
H.Sedin, Vcr	9	46	55
B.Richards, Dal	18	34	52
Zetterberg, Det	16	34	50
Perry, Ana	23	26	49
Eriksson, Dal	16	32	48
E.Staal, Car	22	24	46
Kopitar, LA	16	30	46
Ovechkin, Wash	15	30	45
Sharp, Chi	25	19	44

GOLF

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Final Round
Mark Wilson, \$990,000
Tim Clark, \$484,000
Steve Marino, \$484,000
Jimmy Walker, \$264,000
Matt Bettencourt, \$209,000
Matt Kuchar, \$209,000 65-67-65-67—264 68-68-66-64—266 65-67-66-68—266 68-65-66-68—267 68-65-68-67—268 65-68-66-69-268 Shigeki Maruyama, \$177,375 Roland Thatcher, \$177,375 65-65-70-69-269 67-65-68-69-269 Chris Riley, \$143,000 66-69-66-69-270 68-67-69-66—270 69-67-68-66—270 68-66-67-69—270 Jerry Kelly, \$143,000 Steve Stricker, \$143,000 Davis Love III, \$143,000 Davis Love III, \$143,000 Royy Sabbatin, \$94,286 Anthony Kim, \$94,286 Chad Campbell, \$94,286 Justin Rose, \$94,286 Stuart Applely, \$94,286 Brian Gay, \$94,286 Brian Gay, \$94,286 Brendon de Jonge, \$57,357 Jeff Overton, \$57,357 John Senden, \$57,357 Kevin Na, \$57,357 Kevin Na, \$57,357 68-66-67-69-271 71-64-68-68-271 67-67-68-69-271 68-67-68-68-271 65-68-68-70-271 64-66-69-72-271 68-67-66-71-272 67-68-68-69-272 71-65-67-69-272 69-67-66-70-272 67-67-69-69-272 Cameron Beckman, \$57,357 Alex Prugh, \$57,357 Fredrik Jacobson, \$40,700 Boo Weekley, \$40,700 69-67-68-68—272 70-67-66-69—272 68-66-69-70—273 68-66-69-70—273 Boo Weekley, \$40,700
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Spencer Levin, \$26,606
Spencer Levin, \$26,606 Ernie Els, \$19,800 Nate Smith, \$19,800 Brandt Jobe, \$19,800 Kevin Chappell, \$19,800 Charlie Wi, \$15,593 WC Liang, \$15,593 Webb Simpson, \$15,593 Jason Bohn, \$15,593

68-66-69-70-273 65-69-73-66-273 67-68-69-70-274 68-67-70-69-274 69-67-72-66-274 71-64-70-70-275 70-66-71-68-275 68-65-71-71-68-275 68-69-68-70-275 67-70-69-69-275 69-68-68-70-275 70-67-71-67-275 70-65-67-74-276 65-68-69-74—276 67-70-70-69—276 70-67-68-71-276 68-68-70-71-277 66-70-70-71-277 68-69-68-72-277 68-69-72-68-277 68-69-72-68-277 65-69-68-76-278 67-70-70-72-279 68-69-70-73-280 68-67-72-74-281 70-66-73-73-282 **68-69-71-74-282** 69-67-72-79-287 Michael Connell, \$13,860 Billy Mayfair, \$13,530

Ryan Palmer, \$13,200 Michael Sim, \$12,980 Jesper Parnevik, \$12,705 Matt McQuillan, \$12,705 Jason Dufner, \$12,540 Made Cut, Did Not Play O David Hearn, \$10,395

71-68-139

CROSS COUNTRY

WORLD CUP At Liberec, Czech Republic

Six x 1.6-kilometre Sprint (Classical Style)

Six x 1.6-kilometre Sprint (Classical Style)

1. Norway I (Ola Vigen Hattestad, Johan
Kjoelstad), 21 minutes 47.1 seconds; 2. Sweden I (Jesper Modin, Mats Larsson), 4.4 seconds behind; 3. Norway II (Erlik Brandsdal,
John Kristian Dahl), 0:08.1; 4. France I (Jean
Marc Gaillard, Cyril Miranda), 0:09.6; 5. Russia
I (Andrey Parfenov, Alexander Panzhinskiy),
0:10.5; 6. Sweden II (Robin Bryntesson, Calle
Halfwarsson) 0:11 9: 7. Germany III (Dapiel Halfwarsson) 1:11 9: 7. Halfvarsson), 0:11.9; 7. Germany II (Daniel He un, Oliver Wuensch), 0:22.3; 8. Germany I (Se-bastian Eisenlauer, Josef Wenzl), 0:25.8; 9. Italy I (Fabio Pasini, Renato Pasini), 0:27.6: 10. Italy II (David Hofer, Fulvio Scola), 1:07.7.

Six x 1.3-kilometre Sprint (Classical Style) Six x 1.3-kilometre Sprint (Classical Style)

1. Norway (Maiken Caspersen Falla, Marit Bjoergen), 19-30.8; 2. Italy I (Magda Genuin, Marianna Longa), 30.5 seconds behind; 3. Norway II (Kari Vikhagen Gjeltnes, Celline Brun-Lie), 0:43.6; 4. Finland I (Kerttu Niskanen, Pirjo Muranen), 0:46.8; 5. Canada (Oraria Gaiazova, Banff, Alta, and Chandra Crawford, Cammore, And Chandra Crawford, Cammore, And Chandra Crawford, Cammore, And Chandra Crawford, Cambor, Camb Alta.), 0:51.6; 6. Sweden I (Hanna Brodin, Hanna Falk), 0:54.0; 7. Germany (Hanna Kolb, Denise Herrmann), 1:23.5

TENNIS

AUSTRALIAN OPEN

Men Singles First Round Gael Monfils (12), France, def. Thiemo de Bakker, Netherlands, 6-7 (5), 2-6, 7-5, 6-2, 6-1. Lukasz Kubot, Poland, def. Sam Querrey (18), U.S., 5-7, 6-2, 3-6, 6-1, 8-6.

Juan Monaco (26), Argentina, def. Simon Greul, Germany, 7-6 (5), 7-6 (4), 6-2. Sergiy Stakhovsky, Ukraine, def. Daniel Brands, Germany, 6-2, 6-3, 6-4. Brands, Germany, 6-, 6-5, 6-4. Robin Haase, Metherlands, def. Carlos Berlocq, Argentina, 6-4, 6-3, 7-6 (5). Kei Nishikori, Japan, def. Fabio Fognini, Italy, 6-1, 6-4, 6-7 (4), 6-4. Igor Kunitsyn, Russia, def. Michal Przysiezny, Poland, 6-7 (1), 6-4, 6-4, 7-6 (6).

Singles First Round

Caroline Wozniacki (1), Denmark, def. Gisela Dulko, Argentina, 6-3, 6-4.

Dulko, Argentina, 6-3, 6-4.
Francesca Schiavone (6), Italy, def. Arantxa
Parra Santonja, Spain, 6-7 (4), 6-2, 6-4.
Maria Sharapova (14), Russia, def. Tamarine
Tanasugam, Thailand, 6-1, 6-7.
Kaia Kanepi (20), Estonia, def. Magdalena Ry-barikova, Slovakia, 2-6, 6-4, 6-3.
Dominika Cibulkova (29), Slovakia, def. An-gelique Kerber, Germany, 6-2, 6-7 (4), 6-4.
Fyneniava Rolina, Russia def (Dilvia Bonowse-

Evgeniva Rodina, Russia, def. Olivia Rogowska, Australia, 6-3, 6-1.

Alberta Brianti, Italy, def. Lucie Hradecka,

Alberta Brianti, Italy, def. Lucie Hradecka, Czech Republic, 6-4, 7-5. Monica Niculescu, Romania, def. Timea Bac-sinszky, Świtzerland, 6-0, 6-3. Julia Goerges, Germany, def. Edina Gallovits-Hall, Romania, 6-3, 4-6, 6-3.

SKIING

MEN'S SLALOM

At Wengen, Switzerland
1. Ivica Kostelic, Croatia, one minute 45.28 seconds (52.46-52.82); 2. Marcel Hirscher, Austria 1:46 21 (52 37-53 84): 3 Jean-Ran-Austria, 1:46.21 (52.37-53.84); 3. Jean-Bap-tiste Grange, France, 1:46.27 (52.49-53.78); 4. Michael Janyk, Whistler, B.C., 1:46.40 (54.06-52.34) Also: 13. Brad Spence, Calgary, 1:47.00 (54.38-52.62) World Cup Slalom Standings

(after five races)

(after five races)

1. Ivica Kostelic, Croatia, 353 points; 2. Marcel
Hirscher, Austria, 276; 3. Andre Myhrer, Sweden, 213; 4. Jean-Baptiste Grange, France,
182; 5. Benjamin Raich, Austria, 151; 6. Steve
Missillier, France, 131

Overall World Cup Standings

(after 18 events)

1. Ivica Kostelic, Croatia, 726 points; 2. Aksel Lund Svindal, Norway, 511; 3. Silvan Zurbriggen, Switzerland, 469; 4. Benjamin Raich, Austria, 434; 5. Michael Walchhofer, Austria, 433

FREESTYLE

At Les Contamines, France Ski Cross Men

Rig Final

1. Christopher Delbosco, Sudbury, Ont.; 2. Andreas Matt, Austria; 3. Egor Korotkov, Russia; 4. Alex Fiva, Switzerland.

1. Christopher Delbosco, Sudbury, Ont.; 2. Andreas Matt, Austria; 3. Egor Korotkov, Russia; 4. Alex Fiva, Switzerland.

World Cup Ski Cross Standings (after five of 11 events)

1. Andreas Matt. Austria, 319; 2. Christopher Delbosco, Sudbury, Ont., 225; 3. Alex Fiva, Switzerland, 199; 4. Nick Zoricic, Toronto, 194; 5. Jouni Pellinen, Finland, 183.

Switzerland, 255

Women Big Final 1. Ophelie David, France: 2. Kelsev Serwa, Kelowna, B.C.; 3. Anna Holmlund, Sweden; 4.

Kelowna, B.C.; 3. Anna Holmlund, Sweden; 4. Marion Josserand, France. World Cup Ski Cross Standings (after five of 11 events)

1. Kelsey Serwa, Whistler, B.C., 329; 2. Heidi Zacher, Germany, 296; 3. Fanny Smith,

SOCCER

ENGLAND

PREMIER LEAGUE

Man United	21	12	9	0	44	20	45	
Man City	23	13	6	4	37	19	45	
Arsenal	22	13	4	5	45	22	43	
Chelsea	22	11	5	6	38	19	38	
Tottenham	22	10	7	5	31	25	37	
Sunderland	23	8	10	5	26	23	34	
Bolton	23	7	9	7	34	31	30	
Stoke	22	9	3	10	28	26	30	
Newcastle	22	8	5	9	35	32	29	
Blackpool	21	8	4	9	31	36	28	
Blackburn	23	8	4	11	29	37	28	
Everton	22	5	11	6	25	27	26	
Liverpool	22	7	5	10	27	31	26	
West Brom	22	7	4	11	29	41	25	
Fulham	22	4	11	7	23	25	23	
Birmingham	21	4	11	6	21	26	23	
Aston Villa	22	5	7	10	24	39	22	
Wigan	22	4	10	8	19	34	22	
Wolverhampton	22	6	3	13	24	38	21	
West Ham	23	4	8	11	22	41	20	

Yesterday's results Birmingham 1 Aston Villa 1 Sunderland 1 Newcastle 1 Liverpool 2 Everton 2 Tottenham 0 Manchester United 0

GERMANY

BUNDESLIGA

Yesterday's results Eintracht Frankfurt 0 Hannover 3 Kaiserslautern 1 Cologne 1

ITALY

SERIE A

Yesterday's results Cagliari 3 Palermo 1 Brescia 2 Parma 0 Catania 1 Chievo Verona 1 Cesena 0 AS Roma 1 Genoa 2 Udinese 4 Juventus 2 Bari 1 Lazio 1 Sampdoria 0 Lecce 1 AC Milan 1

SPAIN

LA LIGA

Yesterday's results Valencia 2 Deportivo La Coruna 0 Almeria 1 Real Madrid 1 Barcelona 4 Malaga 1

FRANCE

LIGUE1

Yesterday's result Marseille 2 Bordeaux 1

LACROSSE

NLL

EAST DIVISION

	GP	w	L Pct.	GF	GΑ	GB					
Toronto	2	2	01.000	25	16	_					
Boston	2	2	01.000	20	13	_					
Rochester	2	1	1.500	20	22	1					
Buffalo	2	1	1.500	18	16	1					
Philadelphia	2	0	2.000	12	19	2					
WEST DIV	WEST DIVISION										

GP W L Pct. GF GA
3 2 1.667 30 28
2 1 1.500 26 19
2 1 1.500 18 18
3 1 2.333 30 39
2 0 2.000 14 23 WEEK TWO

Saturday's results Boston 10 Edmonton 7 Buffalo 9 Philadelphia 6 Colorado 8 Calgary 7 Toronto 12 Rochester 9 Friday's result Minnesota 16 Washington 8

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	30	9	.769	_
d-Miami	30	12	.714	11/2
d-Chicago	27	13	.675	31/2
Orlando	26	14	.650	41/2
Atlanta	26	15	.634	5
New York	22	17	.564	8
Indiana	16	21	.432	13
Philadelphia	16	23	.410	14
Charlotte	15	23	.395	141/2
Milwaukee	14	23	.378	15
Detroit	14	26	.350	161/2
Toronto	13	27	.325	171/2
Washington	11	27	.289	181/2
New Jersey	10	30	.250	201/2
Cleveland	8	32	.200	221/2
WESTERNICON	IFFD	FNIC	-	

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	35	6	.854	_
d-L.A. Lakers	30	12	.714	51/2
d-Oklahoma City	27	13	.675	71/2
d-Utah	27	13	.675	71/2
Dallas	26	13	.667	8
New Orleans	25	16	.610	10
Denver	23	17	.575	111/2
Portland	21	20	.512	14
Memphis	19	21	.475	151/2
Phoenix	17	21	.447	161/2
Houston	18	23	.439	17
Golden State	16	23	.410	18
L.A. Clippers	14	25	.359	20
Minnesota	10	31	.244	25
Sacramento	9	29	.237	241/2
d-division loador				

d-division leader Yesterday's results L.A. Clippers 99 L.A. Lakers 92 San Antonio 110 Denver 97

Saturday's results Houston 112 Atlanta 106 New Orleans 88 Charlotte 81 Washington 98 Toronto 95 Detroit 110 Sacramento 106 Detroit 110 Sacramento 100 Chicago 99 Miami 96 Memphis 89 Dallas 70 Orlando 108 Minnesota 99 Denver 127 Cleveland 99 Portland 96 New Jersey 89

Today's games (All times Eastern)

Chicago at Memphis, 1 p.m. Phoenix at New York, 1 p.m. Utah at Washington, 1 p.m. Charlotte at Philadelphia, 2 p.m. Milwaukee at Houston, 3 p.m. Toronto at New Orleans, 3 p.m. Ioronto at New Orleans, 3 p.m. Indiana at L.A. Clippers, 3:30 p.m. Dallas at Detroit, 3:30 p.m. New Jersey at Golden State, 4 p.m. Sacramento at Atlanta, 4 p.m. Orlando at Boston, 8 p.m. Minnesota at Portland, 10 p.m. Oklahoma City at L.A. Lakers, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG							
Durant, OKC	36	341	281	1026	28.5							
Stoudemire, NYK	39	376	255	1015	26.0							
Ellis, GOL	39	372	188	1001	25.7							
James, MIA	40	347	266	1015	25.4							
Bryant, LAL	41	363	254	1036	25.3							
Wade, MIA	40	349	268	1003	25.1							
Not including last	Not including last night's games											

NFL

DIVISIONAL PLAYOFFS

N.Y. Jets 28 New England 21 NFC

Chicago 35 Seattle 24
Saturday's results
AFC

Pittsburgh 31 Baltimore 24 Green Bay 48 Atlanta 21

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 23 (All times Eastern) Green Bay at Chicago, 3 p.m. N.Y. Jets at Pittsburgh, 6:30 p.m.



KISS

Crossword

- 1 Flightless flock 5 Discoverer's call
- 8 Impale
- 12 About 2.2 pounds

15

20 21

24

28

47

49

- 14 Operatic solo
- 15 Interweave
- 16 Covers
- 17 Remuneration 18 Andean pack
- 20 Sacred song
- 23 Line of fashion?
- 24 "Zounds!" 25 Become twisted
- 28 Angry dog's
- sound 29 South African
- statesman Jan
- 30 Sphere
- 32 Ugandan city on
- Lake Victoria
- 34 Stereo forerunner
- 35 Love god
- 36 Undressed
- 37 Some kind of a
- nut 40 Charged bit
- 41 Stench
- 42 Interlude during a
- play 47 Dalai -
- 48 Faith
- 49 Prayer ending
- 50 Scale member 51 Lip

- 1 out a living

- gence

- 2 60 sec 3 Last (Abbr.)
- 4 Lathered
- 5 Unrestrained indul-
- 6 Actor Holbrook
- 7 Brunch entree

8 Deli meat 9 Spruce up

32

38 39 33

- 10 Verdi opera 11 Low voice
- 13 Summertime pest 19 Rules and regula-
- tions 20 "Little Women"
- 21 Shrek, for instance
- 22 Mountain lake 23 Ignores 25 Shelters among
- vines 26 Cranny counterpart
- 27 Sea eagle 29 Withered 31 Physique, slangily

42 43

48

50

13

- 33 Iran's capital
- 34 Cope 36 Seaweed used to wrap sushi 37 Soda pop flavor
- 38 Leading man? 39 A handful 40 "— have to do" 43 Ultramodern
- 44 Spanish hero El 45 Dress

(Pref.)

46 Away from WSW

34

19

40

Þ	·Y	est	er	da	y'	s a	ns	W	er			
0	W	E		٧	0	L	Т		1	В	1	S
Н	E	N		0	R	Ε	0		Ν	0	T	Ε
М	Е	G	Α	W	Α	Т	Т		В	L	Е	W
		Α	В	Е	L			L	0	0	M	S
Α	N	G	E	L		Н	E	1	R		П	
D	0	1	Т		٧	E	G	Α	N	1	S	М
Α	N	N		С	1	G	Α	R		S	0	U
R	Ε	G	A	R	D	E	D		М	Α	R	L
	П		F	0	Α	L		R	Ε	В	Е	L
Α	S	K	E	W			Α	0	N	E		
R	Н	E	Α		D	Ε	G	Α	U	L	L	E
Т	1	Е	R		0	P	E	С		L	Е	Α
S	Α	Ν	D		G	T	S	Н		Α	1	R

For today's crossword answers and for

expanded horoscopes, go to metronews.ca

45

Sudoku

					5	4		
			4	1		9		
3	4	2				8		
1			9		6		5	
	2						7	
	6		8		7			4
		5				7	8	2
		9		5	8			
		8	3					

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

y's answer	

1	3	8	2	5	4	9	6	7
7	5	2	9	6	8	1	3	4
6	4	9	3	1	7	2	5	8
3	9	4	1	8	2	6	7	5
8	1	6	7	9	5	4	2	3
5	2	7	4	3	6	8	9	1
9	8	3	6	7	1	5	4	2
4	7	1	5	2	9	3	8	6
2	6	5	8	4	3	7	1	9

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

keysandstrings, There was always been you. I love you for who you are, and not for you use to be. I miss you so much more and more each day, my guardian angel.

LOVELOTS, LIL FOUNDLING

Honey Bunny you're The One!! Happy Birthday! It's All Good! SOMEDAY, RLK

Donnie with a ie, missing you so very much and i want to let you know that i would cross a entire world for you, put a smile on your handsome face and always hold you in my heart. Always your BRANDY ROSE!

(BI)

Ma chérie: One day someone taught me that, 365 days is a year, 60 minutes is an hour, and 60 seconds is a minute. But no one told me that a second without

A look at the weather

TODAY Min -24 Max -19° THESDAY

Min -24° Min -9°
Max -10° Max -7°

WEDNESDAY Min -9°

Andrew Schultz. Meteorologist "I get to spread the word

on how your day, evening or weekend will shape up with our ever-changing weather her in Alberta". WEEKDAYS 6AM



Today's horoscope

T Aries March 21-April 20 Forget about the rules and ignore what other people say is the "right" way to act – the only thing that should matter to you is results.

¥ Taurus April 21-May 21

If you make an effort to reach out to others today they will make an effort to do things for

II Gemini May 22-June 21

Good fortune will come your way and no doubt it is well deserved. By all means enjoy vourself but don't lower vour sights and be satisfied with less than you are capable of.

G Cancer June 22-July 22 The more you have done for others the more others will now do

for you. Today's Sun-Uranus link will bring the kind of unexpected development that makes you glad to be alive.

Ω Leo July 23-Aug.23 Don't pretend that you are shocked by what you see and hear today when you knew it was going to happen. In a way you secretly hoped that certain individuals might behave outrageously.

MP Virgo Aug. 24- Sept. 22 Anyone who tries to impose restrictions on you must be told in no uncertain terms that you will not be limited by their ideas of how you should be-

 ← Libra Sept. 23-0ct. 23 You have you own way of doing

things and if you should stick to it no matter how hard others try to persuade you to change your ways to some-

thing more "modern". M Scorpio oct. 24-Nov. 22 You will be a lot more sociable today and that's good because the more you get out and about the happier you are likely to be. There's a great party going on somewhere.

→ Sagittarius

Nov. 23-Dec. 21 You may be tempted to do something outrageous to get yourself noticed but is that such a good idea? Yes it is. In fact it's a brilliant idea

り Capricorn Dec. 22-Jan. 20 The last few weeks have been special for you but what happens today will top it with ease. You may still have work to do but don't neglect your

Aquarius Jan. 21-Feb. 18

The Sun's entry into your birth sign later in the week marks the start of a more positive phase, one in which so many of your dreams will come true. In the meantime, stay alert for new opportunities. Expect the

)-(Pisces Feb. 19-March 20 Act on impulse today. Do something on the spur of the moment. Not only will you enjoy yourself but you will impress important people with your can-do attitude.

SALLY BROMPTON



WIN! write it! Write a funny cap-

tion for the image to the right and send it to play@metronews.ca the winning caption will be published in Tuesday's



Feel like everyone's looking at you? They are. But don't worry. It's only because they want your Metro.





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